

## Am I a caregiver?

- ✓ I help an older adult pay bills.
- ✓ I shop or do errands for an older adult.
- ✓ I provide regular emotional or physical assistance to my spouse, parent, neighbor, adult child or friend.
- ✓ I drive an older adult to the doctor or take him or her to a community center.
- ✓ I remind an older adult when to take pills or provide help with personal care.
- ✓ I regularly prepare meals or clean house for an older adult.

A caregiver can be anyone — a family member, friend, neighbor or older adult. You are a caregiver when an older person relies on you to provide unpaid help with day-to-day activities. The older person may live in your own home, across town or in another state.

**Family and friends  
who provide care  
may not always think  
of themselves  
as caregivers.**

## Caregiver Support Program



...helping family and friends  
care for older adults



**Do you know  
someone who  
is caring for  
an older adult?**

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Illinois Department  
on **Aging**

Senior HelpLine:  
1-800-252-8966 (Voice and TTY)  
[www.state.il.us/aging](http://www.state.il.us/aging)

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call the Senior HelpLine at 1-800-252-8966 (Voice & TTY).

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Illinois Department  
on **Aging**

Governor Rod R. Blagojevich  
Director Charles D. Johnson

## Who is giving care?

A caregiver may be a 76-year-old woman caring for her husband who has suffered a stroke... or a 52-year-old woman who is caring for her 80-year-old mother who has Alzheimer's disease... or a 27-year-old man who regularly volunteers to help the frail couple next door. If you are a caregiver, you are not alone. Many people in Illinois are facing the same challenges, questions and decisions about caring for an older person.

## You are **not** alone...

- ✓ There are 25 million caregivers in the United States.
- ✓ One out of four households nationwide is involved in caregiving for someone age 50 or older.
- ✓ Family members and friends provide 85% of all home care.
- ✓ An estimated 20-40% of caregivers are raising children while simultaneously caring for older adults.
- ✓ Caregiving cuts across age, income, education, gender, class and ethnicity.

Facts from "Family Caregiver Alliance"  
[www.caregiver.org/factsheets/caregiver\\_statsC.html](http://www.caregiver.org/factsheets/caregiver_statsC.html)

## What **services** are available for **caregivers**?

Caring for someone is rewarding, but it is also a difficult and stressful job. Caregiving can impact the physical and emotional health of caregivers, who often neglect their own needs while caring for others. The Caregiver Support Program can help you locate these and other services:

- ♥ Caregiver Resource Center
- ♥ Respite care (services that give caregivers a rest)
- ♥ Home modification
- ♥ Assistive devices (wheelchairs, walkers, etc.)
- ♥ Home delivered meals
- ♥ Assistance with housework
- ♥ Training, counseling and emotional support
- ♥ Adult day services
- ♥ Caregiver support groups
- ♥ Transportation
- ♥ Legal and financial services
- ♥ Assistance paying for prescription drugs

*"I don't know what I would do without the adult day service center. My mother enjoys her day there in a safe environment, and I get a break."*



The Illinois Department on Aging and the thirteen Illinois Area Agencies on Aging have designated Caregiver Resource Centers throughout Illinois. They are your local link to caregiving services in your community. To locate the Caregiver Resource Center nearest you, please refer to the contact information on the back of this brochure.

Each caregiving situation is different. Working with the Caregiver Support Program, caregivers can select the services that best fit their short- or long-term needs. It's not only okay to ask for help — it's important!

## It's important to **Ask** for help